

**COUNTY OF LAKE**

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**DATE:** September 21, 2012

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**FOR IMMEDIATE RELEASE****FALL INFLUENZA “FLU” SHOTS**

It’s “flu” season and the Lake County Public Health Division is happy to announce its 2012/2013 community influenza shot clinics.

Getting vaccinated is a great way to avoid getting the flu. Being careful to use good hygiene is another way to protect yourself and those around you. If you cough or sneeze, cover your nose and mouth with a tissue or the crook of your arm instead of your hands. A virus can easily be passed from your hands to the things you touch. Wash your hands often and use an alcohol-based hand sanitizer when soap and water aren’t available. Try not to touch your face with your hands. A virus can enter your system through the membranes of your eyes, nose and mouth. Protect yourself by avoiding close contact with anyone who is sick.

Choosing a healthful lifestyle can also help to keep you well. Getting enough sleep, eating nutritious foods, drinking plenty of water and staying physically active can help to maintain a healthy immune system. Together, we can help to decrease the spread of influenza in our community.

The symptoms of the flu include a temperature of over 100 degrees F combined with a cough, sore throat, body aches, headache and a lack of energy. If you are ill, stay home to keep from infecting others.

Each year the Lake County Public Health Division receives state-funded seasonal flu vaccine. For the 2012/2013 season, 1660 doses have been provided.

Although anyone 6 months of age or older is encouraged to get a flu vaccine, the eligibility criteria for the state-provided flu vaccine gives priority to adults over 60 years of age.

In addition, priority is given to vaccinating children 6 months to 5 years of age, people with certain chronic illnesses, those who live with or care for persons at high risk for flu, and pregnant women. Please notify the nurse if you are pregnant, before you receive a flu shot. Pregnant women receive a different vaccine formulation.

**Seasonal flu shots are \$2.**

**Lake County Public Health Clinic schedule for the seasonal flu shots is as follows:**

**Lakeport**

Monday, October 15, 2012 from 9 am to 12 pm at the Seventh Day Adventist Church, 3500 Hill Rd. East, Lakeport, Ca.

During the first hour (9am-10am), flu vaccines are limited to seniors over the age of 60 years ONLY.

**Clearlake**

Wednesday, October 17, 2012 from 9 am to 12 pm at the Senior Community Center, 3245 Bowers Rd. Clearlake, Ca.

During the first hour (9am-10am), flu vaccines are limited to seniors over the age of 60 years ONLY.

**Lucerne**

Tuesday, October 23, 2012 from 10 am to 12 pm at the Lucerne Senior Center, 10<sup>th</sup> and Country Club Dr. Lucerne, Ca.

**Middletown**

Wednesday, October 24, 2012 from 10 am to 12 pm at the Calpine Visitors Center, 15500 Central Park Rd. Middletown, Ca.

**Lakeport**

Tuesday, October 30, 2012 from 10 am to 12 pm at the Public Health Division, 922 Bevins Ct. Lakeport, Ca.

Tuesday, November 6, 2012 from 1 pm to 3 pm at the Public Health Division, 922 Bevins Ct. Lakeport, Ca.

Flu vaccinations are also available in a variety of locations such as your primary care provider and local pharmacies.

The Lake County Public Health Division wishes you all a healthy and happy Fall and Winter season.  
Please call 1-800-794-9291 or 263-1090 with questions or concerns.